

You and the 2009 H1N1 flu vaccine



2009 H1N1 flu vaccine is given in two ways.



1 You can get the nasal spray if you are healthy, not pregnant, and are 2–49 years old.



2 Most people 6 months and older can get the shot.

No matter who you are, if you get an H1N1 flu vaccine, you get one of these two types.

The 2009 H1N1 vaccine is made the same way as seasonal flu vaccines. Millions of seasonal flu vaccines have been given safely. Millions of people have also safely received the 2009 H1N1 vaccine.



For more information call **1-800-CDC-INFO** or visit **www.flu.gov**